



Freshly Prepared Snacks

Watermelon Slice	\$0.70
Apple	\$0.70
Banana	\$0.70
Pear	\$0.70
Mandarin	\$0.70
Veggie sticks	\$1.00
🍷 carrot & cucumber	
🍷 capsicum & celery	
🍷 carrots only	
🍷 cucumber only	



Warm & Non-Chilled Snacks

Cheese & crackers	\$1.00
Beans and Cocoa Brownie	\$1.50
Warm Pikelets (2-pack)	\$1.00
Edamame Beans (1 portion)	\$2.00
Koala Popcorn (Lightly salted)	\$1.50
Annie's fruit leather	\$1.00
🍷 Raspberry, Mango, Boysenberry, Strawberry & Apricot. (Flavour randomly chosen.)	



Chilled Snacks

BYO Cutlery
or add 10c for biodegradable cutlery

Twisted Frozen Yoghurt	\$2.00
🍷 Blueberry and Cookie dough	
🍷 Strawberry and Vanilla	
Yoplait Vanilla Yoghurt	\$1.50

Sandwiches

Vegemite Sandwich	\$3.00
Cheese Sandwich	\$3.50
Ham Sandwich	\$3.50
Ham and Cheese Sandwich	\$4.00
Veggie Sandwich	\$4.00
Ham and Veggie Sandwich	\$4.50



Salads (Freshly Prepared)

BYO Cutlery
or add 10c for biodegradable cutlery

Rainbow Salad	\$4.00
🍷 lettuce, tomato, cucumber + beetroot, capsicum, carrot and dressing	
🍷 Add cheese for \$1.00 extra	
Greek Salad	\$4.50
🍷 lettuce, tomato, cucumber + fetta, kalamata olives and dressing	



To become a canteen volunteer, please see Ali Sewter at the FOOSHC office or email canteen@forrestpandc.com.au

Hot Food

BYO Cutlery
or add 10c for biodegradable cutlery



Butter Chicken with Basmati Rice	\$4.50
Macaroni and Cheese	\$4.50
Burek with Cheese (1 slice; vegetarian)	\$3.50
Chicken Tenderloin (Halal-certified)	\$2.00
Beef Party Pie	\$1.50
Sausage Roll	\$3.50
Juicy Corn Cob (vegan)	\$1.50
Mini Pizza (Tuesdays only)	\$3.00
🍷 Cheese & Bacon	

Tomato Sauce	\$0.30
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Drinks

Up & Go Flavoured Milk 250ml	\$2.00
🍷 Vanilla	
🍷 Choc	
🍷 Strawberry	
Bottled water	\$1.00
Sparkling water	\$1.50
Fruit Juices	\$2.00
🍷 Apple or Orange	
Glee Sparkling Fruit Juice	\$2.50
🍷 Rockin' Raspberry	
🍷 Blackcurrant Burst	



Items are listed in Green or Amber to show their rating according to the National Healthy School Canteens policy (ACT).

Visit www.flexischools.com.au or download the Flexischools app to order lunch.